

HOUSE JOINT RESOLUTION 649

By Brooks K

A RESOLUTION to commemorate February 2018 as Self-Care Month in Tennessee.

WHEREAS, self-care is a lifelong daily habit of healthy lifestyle choices, good hygiene practices, prevention of infection and illness, avoiding unhealthy choices, monitoring for signs and symptoms of changes in health, knowing when to consult a healthcare practitioner, and knowing when it is appropriate to self-treat conditions; and

WHEREAS, self-care includes making responsible use of all medications, both prescription and over-the-counter; and

WHEREAS, the United States Food and Drug Administration deems over-the-counter medicines to be safe and effective for the self-care treatment of minor acute and chronic health conditions and symptoms, such as pain, the common cold, allergies, and other conditions that impact large segments of the population; and

WHEREAS, over-the-counter medicines are either developed as new nonprescription medicines or switched from existing prescription medicines; and

WHEREAS, over-the-counter nonprescription medicines are self-care products that consumers purchase in pharmacies, supermarkets, and retail stores, as well as online; and

WHEREAS, every dollar spent on over-the-counter medicines saves the United States healthcare system six to seven dollars each year, a savings totaling \$102 billion annually; and

WHEREAS, over-the-counter medicines help ease the burden on healthcare practitioners, eliminating unnecessary medical examinations that could be avoided with appropriate self-care; and

WHEREAS, Tennessee benefits when its citizens practice appropriate self-care, do not unnecessarily visit healthcare practitioners, and are empowered by higher self-esteem, improved health, and reduced use of healthcare services; and

WHEREAS, Tennessee encourages its citizens to take advantage of self-care's potential to improve personal and public health, save personal and public treasury, and strengthen the sustainability of the Tennessee healthcare system; and

WHEREAS, achieving self-care's potential is a shared opportunity for consumers, healthcare practitioners, policymakers, and regulators; now, therefore,

BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE ONE HUNDRED TENTH GENERAL ASSEMBLY OF THE STATE OF TENNESSEE, THE SENATE CONCURRING, that we hereby join with self-care advocates across the nation in commemorating February 2018 as Self-Care Month in Tennessee in recognition of the importance of increasing awareness of self-care and the value it represents to the citizens of this State.

BE IT FURTHER RESOLVED, that an appropriate copy of this resolution be prepared for presentation with this final clause omitted from such copy.